The Screen Survival Kit

For office workers, students, and anyone who lives on a screen

BONUS #3

What is in this kit

This bonus pulls the screen habits from Chapter 6 of the Eye Restore Protocol™ into things you can print, stick up, and glance at during your busiest hours. Use whichever pieces fit your day.

1. ### The 20-20-20 Desk Card

   A small printable card for your desk, reminding you to look up every 20 minutes.

2. ### The Screen Setup Checklist

   A one-page check for distance, height, brightness, glare and breaks.

3. ### The Blink Reminder Card

   A short prompt to keep near your screen so you remember to blink fully.

4. ### Two Phone Wallpapers

   Save these as your lock screen so your phone reminds you on its own.

How to print the cards

Print the desk card and blink card pages on plain paper or card stock, then cut along the dashed lines. Fold the desk card in half so it stands up on its own, or tape it to the edge of your monitor. For the phone wallpapers, open the image files on your phone and set them as your lock screen.

The 20-20-20 Desk Card

Print & Cut

Print this page and cut along the dashed line. Fold the card in half so it stands like a tent, or tape it to your monitor.

REMEMBER YOUR EYES

20
MINUTES

20
FEET

20
SECONDS

Every 20 min, look 20 feet away for 20 sec.

THE EYE RESTORE PROTOCOL™

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The Screen Setup Checklist

Print & Keep at Your Desk

Go through this once when you sit down at a new desk, or whenever your setup changes. Tick each box as you fix it.

Distance & Position

- [ ] Phone held 30 to 40 cm from my face, not touching my nose
- [ ] Laptop or desktop screen about an arm’s length away
- [ ] Top of my screen at or just below eye level

Text & Comfort

- [ ] Font size increased if I find myself squinting
- [ ] Chair and desk height let my shoulders relax, not hunch

Light & Brightness

- [ ] Screen brightness matched to the room, not much brighter or dimmer
- [ ] Night mode or warm-light setting turned on after sunset
- [ ] No bright window or bulb directly behind or in front of my screen
- [ ] Laptop tilted to avoid glare and reflections

Breaks & Habits

- [ ] A 20-20-20 reminder set on my phone or desk
- [ ] I stand, stretch and drink water every hour
- [ ] Phone put down 30 minutes before I sleep

For contact lens or glasses wearers: keep your prescription current, and mention screen strain at your next eye check. This checklist supports comfort; it does not replace a proper eye exam.

The Blink Reminder Card

Print & Cut

Cut along the dashed line and tape this next to your screen, or stand it on your desk where you will see it often.



BLINK SLOWLY

Screens make you blink less than normal.
Take a slow, full blink right now.

THE EYE RESTORE PROTOCOL™



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Your Phone Wallpapers

Included as Image Files

Two ready-made wallpapers are included with this bonus as separate image files. Save one as your phone's lock screen so it reminds you every time you pick up your phone.



wallpaper_20-20-20.png



wallpaper_blink.png

How to set a lock screen wallpaper

iPhone: open the image in Photos, tap Share, choose "Use as Wallpaper," then set it for your Lock Screen.
Android: open the image in your Gallery, tap the menu (■), choose "Set as wallpaper," then choose Lock screen.